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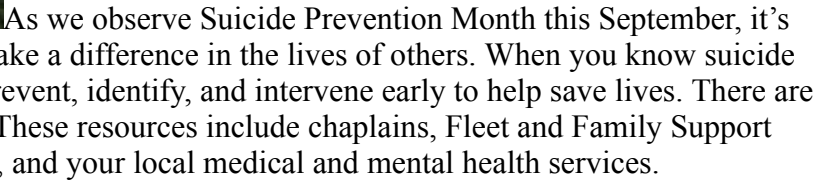
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Written on September 11, 2016 at 7:00 pm by [Navy Medicine](#)

Understanding Suicide Prevention

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By Mark Long, Ed.D., public health educator, health promotion and wellness department, Navy and Marine Corps Public Health Center



What Are Some of the Factors That Can Put Someone at Risk of Suicide?

What are the Warning Signs of Suicide?

- **Ideation.** Thoughts of suicide expressed, threatened, written, or otherwise hinted at by efforts to find means to suicide.
- **Substance Abuse.** Increased or excessive alcohol or drug use.
- **Purposelessness.** Having no sense of meaning or purpose in life.
- **Anxiety.** Feeling anxious, agitated, or unable to sleep (or sleeping all the time).
- **Trapped.** Feeling trapped, like there is no way out.
- **Hopelessness.** Feeling hopeless about self, others, or the future.
- **Withdrawal.** Isolating and withdrawing from family, friends, usual activities, or society.
- **Anger.** Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs.
- **Recklessness.** Acting without regard for consequences, excessively risky behavior, seemingly without thinking.
- **Mood Changes.** Experiencing dramatic changes in mood.

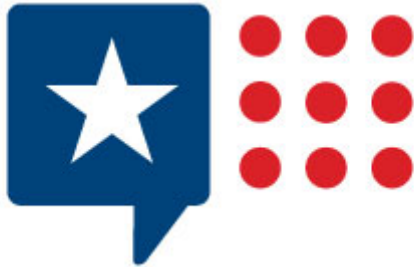
- Ask if someone is thinking about suicide. Actively listen and acknowledge their talk, behavior, and feelings.
- Care. Let the person know that you care by discussing what is troubling him or her.
- Treat. Stay with the person if he or she is thinking about suicide, and seek professional assistance.

Where Can I Find Help?

If you or someone you know is in immediate danger, call 911. Help can be found at a local Military Treatment Facility (MTF) or civilian emergency department.

If you or someone you know is contemplating suicide, seek assistance by contacting the Military Crisis Line:

Military Crisis Line



[Military Crisis Line](https://www.militarycrisisline.net)

Call: 1-800-273-8255

Text: 838255

Chat live online at [MilitaryCrisisLine.net](https://www.militarycrisisline.net)

The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, 7 days a week.

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